

In the Claims:

1. (Currently amended) A microwaveable and ovenable pack suitable for housing at least one of liquid content and solid-liquid contents, said pack comprising:
a wall with a layer of board, an impermeable inner layer creating sufficiently impermeable to
create a seal between said layer of board and said pack's contents and a breathable outer
protective layer covering said board, ~~characterised in that the outer layer is a varnish which~~
~~incorporates perforations through the varnish layer to the board~~ wherein
said breathable outer protective layer is a varnish;
said layer of board contains a trapped substance selected from the group comprising moisture,
water, gas and deforming substance;
said wall contains perforations extending from said layer of board and through said outer layer
of varnish; whereby when said pack is heated said impermeable inner layer remains
impermeable and said perforations allow said trapped substance to escape said layer of board.

2-7 [Previously cancelled]

8. (Currently amended) A microwaveable and ovenable sheet comprising a layer of board,
an impermeable layer covering one side and a breathable protective layer on the other side
covering the board, ~~characterised in that~~ wherein
said protective layer is a varnish; ~~which incorporates perforations through the varnish layer to~~
~~the board.~~
said layer of board contains a trapped substance selected from the group comprising moisture,
water, gas and deforming substance;
said wall contains perforations extending from said layer of board and through said layer of
varnish; whereby when said sheet is heated said impermeable inner layer remains impermeable
and said perforations allow said trapped substance to escape said layer of board.

9. (Previously Presented) A pack according to claim 1, wherein the perforations are strips.

10. (Previously Presented) A pack according to claim 1, wherein the impermeable layer is of polyethylene terephthalate.
11. (Previously Presented) A pack according to claim 1, wherein the board is of cardboard.
12. (Previously Presented) A pack according to claim 1, wherein the perforations extend through the entire outer layer and partially through the board.
13. (Previously Presented) A pack according to claim 1, wherein the board comprises outer sections which incorporate varnish and outer sections which are blank of any varnish.
14. (Previously Presented) A pack according to claim 1, wherein the outer layer is a varnish and a further layer is provided between the varnish layer and the board which is of ink and which is breathable and wherein the breathable region is substantially limited to the ink layer area.
15. (new) A sheet according to claim 8, wherein the perforations are strips.
16. (new) A sheet according to claim 8, wherein the impermeable layer is of polyethylene terephthalate.
17. (new) A sheet according to claim 8, wherein the board is of cardboard.
18. (new) A sheet according to claim 8, wherein the perforations extend through the entire outer layer and partially through the board.
19. (new) A sheet according to claim 8, wherein the board comprises outer sections which incorporate varnish and outer sections which are blank of any varnish.

20. (new) A sheet according to claim 8, wherein the outer layer is a varnish and a further layer is provided between the varnish layer and the board which is of ink and which is breathable and wherein the breathable region is substantially limited to the ink layer area.